

COACHING SESSION PLANNER

DATE: 11/12/2016 – FA CPD, York

PHASE: Defending - Out of Possession

THEME: Defensive Resilience

FORMAT: Skill → Phase of play

OBJECTIVE: To be resilient under pressure and to stop attackers from scoring

4 Corner Conditions:

Defending

Concentration

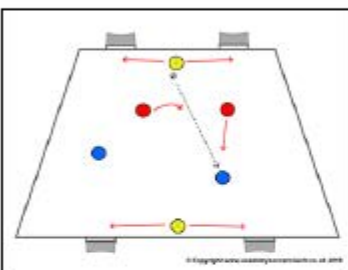
Warm-ups throughout the day

Valuing & Believing

Competition (linked to 4 CC):

✓ Technique in defending organised/unorganised

✓ Keep a clean sheet



Practice 1:

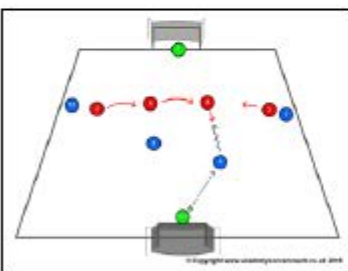
Defending 2:2+N players

Organisation:

- Set up as illustrated.
- 2 Red defenders : 2 Blue attackers
- Blues look to score.
- Reds look to win ball play into N player who scores after the re-gain or play into any 2 goals.
- Roles for all

Coaching Points: DEFENDING

- Organised:
- Press – nearest player.
- Support.
- Balance.
- Cover.
- Unorganised:
- Delay.
- Deny.
- Dictate/deflect.
- Defend.



Practice 2:

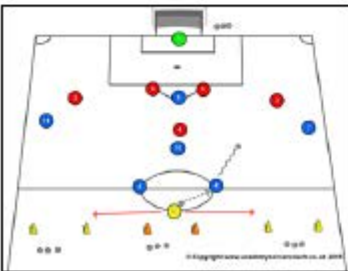
Defending 4:4+2GKs

Organisation:

- Set up as illustrated.
- 2 Red defenders : 2 Blue attackers
- Blues look to score.
- Reds look to win ball and try to score.
- Roles for all.

Coaching Points: DEFENDING

- Organised:
- Press – nearest player.
- Support.
- Balance.
- Cover.
- Unorganised:
- Delay.
- Deny.
- Dictate/deflect.
- Defend.



Practice 3:

Defending Phase of Play 7:6

Organisation:

- Set up as illustrated.
- Defenders set up as 6:6 (7:6) 1/4/1. Representing 1/4/3/3.
- Blues set up as 6:6 (7:6) 2/3/1. Representing 1/4/2/3/1.
- Reds are looking to keep a clean sheet and if they win the ball back they run the ball through the gates or play into Yellow N player.
- Yellow N player restarts play to Blues who are looking to score always.
- Starting Points: 1. Miss-placed pass from GK into Yellow N player.
- 2. Miss-placed pass from CM4 into ST9 in Blue.
- 3. Yellow N player into anyone to start attack.

Coaching Points: DEFENDING

- Organised:
- Press – nearest player.
- Support.
- Balance.
- Cover.
- Unorganised:
- Delay.
- Deny.
- Dictate/deflect.
- Defend.